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- ✓ Install a faucet aerator.
- Use cloth napkins and dish towels instead of paper.
- Make sure your dishwasher is full before running it.
- Wash out and reuse freezer bags and aluminum foil.
- Store food items in reusable containers.
- Use washable cloth rags instead of paper towels.
- Buy unbleached coffee filters.
 Or buy a reusable one.

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- Make your purchasing dollars count. When shopping for a washer and dryer, buy an energy-efficient, low-water model.
- Clean your clothes dryer's lint trap after every load.
- Give your dryer a vacation by hanging your clothes to dry.
- ✓ Use a phosphate-free detergent.
- Turn down your water heater to 130 degrees Fahrenheit, especially during the summer.
- If you have a baby, use cloth diapers instead of disposables.

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- Turn off lights and televisions when not in use.
- Turn your thermostat up when you are out during the day.
- Replace incandescent light bulbs with energy-efficient fluorescent bulbs.
- Don't let energy go out the window (or door). Make sure your rooms are well insulated and doors to the outside are not left standing open.

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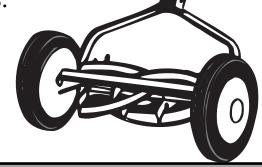
- Rub-a-dub-dub more quickly. Take shorter showers.
- Install low-flow showerheads.
- Use less water when brushing those pearly whites. Turn off the faucet when brushing your teeth.
- Make your shower do doubleduty. Hang clothes in the bathroom while showering to steam wrinkles out.
- Install a toilet dam to reduce the amount of water you flush away.

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- Consolidate shopping outings; cut down on trips to pick up one forgotten item.
- Buy grocery items in bulk.
- Buy eggs in cardboard cartons instead of plastic foam cartons.
- When possible, buy organic.
- Buy items with less packaging.
- Tote your goods in style. Use canvas bags to carry your groceries.
- Look for less toxic alternatives to household cleaning products.

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- Water your lawn in the early morning or in the evening.
- Xeriscape and use water-saving native plants.
- Leave your grass clippings on the lawn.
- Compost fruit and vegetable scraps.
- Mulch your flowerbeds and shrubs.





POLLUTION PREVENTION BEGINS AT HOME.

Celebrate National Pollution Prevention Week in September* by incorporating some of these tips into your daily routine. You may find they not only save energy, reduce waste, and preserve our natural resources-they may also save you money!

